



TIME OUT AT AN ECO-SPA

Indulging yourself can often take its toll on the planet, but Mary Hogarth reveals a new generation of UK spas offering overnight stays or day packages that'll leave you feeling more than refreshed, and not even a little bit guilty.

SPRING WATER SOURCE AT TITANIC SPA

Situated in Huddersfield, Titanic Spa is green inside and out with solar photovoltaic roof panels, energy-efficient lighting and appliances, and its own spring water source. There are lots of fabulous holistic and indulgent beauty treatments, including a mud chamber and hydrotherapy baths, as well as a 15-metre salt-regulated pool where at night you can enjoy a candlelit swim.

Must-have treatment: Book a session in the hammam with a body brush or herbal treatment to balance the body. This will rejuvenate your mind, body and spirit.

Dining menu: Starters and main courses include vegetarian curry, mushroom stroganoff, and spiced Chinese greens with rice noodles and Chinese vegetables. Where possible, the restaurant sources organic, Fairtrade and in-season ingredients.

Cost: Prices start at £99 for a basic day visit or from £109 per person for the Simply Spa overnight

package, which includes use of the spa, lunch and a two-course dinner. For details, visit www.titanicspa.com.

FIVE MINUTES WITH TITANIC'S MANAGING DIRECTOR, WARRICK BURTON

How did the idea for Titanic Spa evolve?

Titanic Mill – where the spa is based – was constructed in 1911, the same year as the launch of the RMS *Titanic* (hence the name). The building was renovated and converted into a spa in 2004 when they saw the opportunity to use it to create the UK's first eco-spa.

What is the spa's best green treatment?

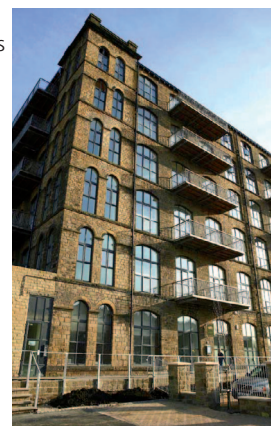
The newly launched Pinks Boutique treatments, a luxury organic skincare line certified by the Soil Association, which use hand-blended organic products made from the finest natural ingredients



without the use of chemicals. Treatments include a Pinks Boutique anti-ageing facial, Pinks Boutique organic facial, an organic massage and a power massage.

What is your most memorable experience at the spa?

It has to be winning the Outstanding Contribution to the Industry award in the prestigious Professional Beauty Awards 2009. We were chosen for my 'passion, commitment and innovation' to Titanic and for taking global issues and targeting them in the beauty industry. That is what the spa is all about – hence our huge eco-focus.





A LIVING ROOF AT COWORTH PARK

Set in the Berkshire countryside, the spa at Coworth Park in Ascot is an idyllic retreat built out of timber structures with carbon-negative lime hemp spine and external walls. Its best feature – aside from the fantastic facilities – is a living roof of plants and herbs, such as camomile, lavender and thyme. This reduces solar gain and increases the building’s insulation.

Must-have treatment: The lavender field of dreams invigorating exfoliation, followed by a massage. Also the moor mud experience with a scalp massage, which will leave you with glowing, silky smooth skin.

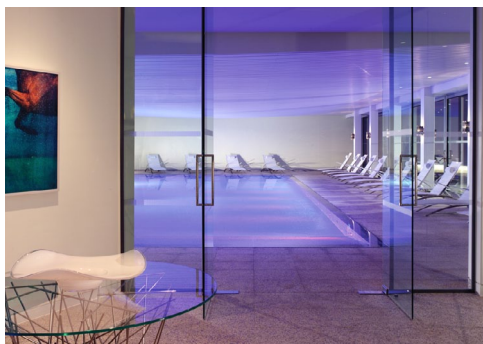
Dining menu: Try the tart of Bosworth Ash goat’s cheese, wild mushroom and rosemary at The Barn, or the fresh asparagus salad with blue cheese and pine nuts at The Spatisserie. For fine dining, visit the John Campbell restaurant, which has an impressive eight-course vegetarian tasting menu.

Cost: A spa day taster with two hours of treatments including a thermal mineral body exfoliation, target tension massage and facial, plus lunch, is £225. Prices for overnight packages are available on request. For details, visit www.coworthpark.com.

FIVE MINUTES WITH THE SPA’S GENERAL MANAGER, ZOE JENKINS

Tell us about Coworth Park’s latest green initiative.

We know how important it is to work in synergy with the local surroundings, minimising environmental impact and maximising support for the local community. With this in mind, Michelin-starred chef John Campbell and his team created



the Shire menu, proving that homegrown really is the best, using seasonal produce locally grown and freshly harvested.

How important is looking after the environment to your clientele?

It differs from client to client, but it is an increasing concern. Guests seem reassured when they stay here that they can be comfortable in the knowledge that we are committed to preserving the planet.

What is your favourite green treatment at the spa?

Dr Alkaitis skin food facial. This product range has 100 per cent organic, paraben-free ingredients piled high with antioxidants and the treatment takes a simple yet effective approach – the signature facial is utterly fantastic for cleaning and restoring tired skin.

ROOM WITH A VIEW AT BEDRUTHAN

With amazing coastline views, the Bedruthan Hotel and Spa at Mawgan Porth in Cornwall is a family-owned hotel, run by sisters Emma Stratton, Debbie Wakefield and Rebecca Whittington. Their commitment to sustainability is steadfast; green credentials include solar panels, low-energy lighting, a fridge-heat recapturing system to heat water, and using rainwater from the spa roof to flush toilets. They have also replaced individually packaged items with locally made produce in refillable containers.

Must-have treatment: The Maharlika facial, combining gentle massage with a unique thread technique to remove dead skin cells, is said to make you feel 10 years younger.

Dining menu: Favourites include pea and mint soup with spring onions and chive crème fraîche, and the summer vegetable and apricot tagine with lentil tabbouleh and flatbread.

Cost: Create your own package – prices start at £30 for a day’s use of the facilities plus a three-course lunch, treatments not included. For details, visit www.bedruthan.com.

FIVE MINUTES WITH EMMA STRATTON, CO-OWNER AND DIRECTOR OF SUSTAINABILITY

Tell us about Bedruthan’s staff-led recycling initiatives.

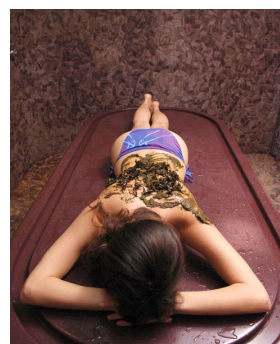
We believe that we must do everything possible to reduce the negative impact we have on the environment, without compromising the holiday experience of our guests. ‘Cherishing our World’ is an ethos carried by all of the Bedruthan team and is not something we feel is simply right, but a necessity. It is our way of life.

What are the spa’s best green treatments?

Our green ethos is reflected in the treatments we offer from REN, VOYA and prenatal therapies from Mama Mio. All products are selected based on their environmental credentials, ensuring that they are free of parabens, sulphates, synthetic fragrance and PEGs. In our hammam rituals we use soaps specially handmade for us by a local company, Cornish Soap Box.

What is your most memorable experience at the spa?

Anna Kelly, our spa manager, has fond memories of designing the hammam treatment. She enjoyed creating something different that would make guests’ stay really memorable – seeing them fully relax and then get in our oversized spa pool looking out to sea.





WINTER WONDERLAND AT K WEST HOTEL & SPA

Situated in London's West End, K West takes a holistic approach. One such treatment is the Snow Paradise, a unique Finnish experience which encourages guests to freeze their way to good health in a cooling oasis of serenity in the finest natural powder snow. At a tingling -15C , it is reminiscent of a winter-white snowdrift.

Must-have treatment: De-stress with the samunprai, a Thai herbal heat energiser with a traditional hot Thai massage.

Dining menu: Try home-made vegetarian spring rolls, or for something more substantial sample the rigatoni pasta with grilled mixed peppers, red onion, courgettes, garlic, tomato and basil.

Cost: It's All About Me day package is £175, including two treatments, lunch and use of the spa. Overnight packages start at £149 based on two sharing; price includes a deluxe twin or double room, a one-hour treatment and a full vegetarian English breakfast. For details, visit www.k-west.co.uk.

FIVE MINUTES WITH GENERAL MANAGER, HILARY CROSS

What inspired K West to be green?

For many years K West has been committed to reducing the impact our hotel has on the environment. We have a holistic spa, which we promote to the local community and beyond, as well as a dedicated green team. We identified early on that any small efforts to reduce our carbon footprint would impact on the overall hotel performance. From these small changes, staff have undertaken small and consistent steps to transfer green living to their homes too.

Tell us about your favourite treatment at the spa.

The muscle ease elixir – our newest signature treatment – is my favourite spa experience because the Ystara products used are all organic. The yoga stretching with royal Thai movements within this treatment are great at helping to re-align the body.

What is your most memorable experience at the spa?

That would be the first time I used the Snow Paradise. Stepping into the snow-filled room was a little surreal, and standing in there for the briefest of moments with snowflakes falling around me was certainly breathtaking. Going between the heat of the sanarium and into the Snow Paradise left me feeling revitalised and fresh faced.



K W E S T H O T E L & S P A



REPLENISHING THE OZONE AT YU SPA

Staff at the Yu Spa in the Apex City Quay Hotel in Dundee believe green is best. The spa uses ozone to keep the pool clean, eco-friendly cleaning products and has hot tubs with an ultraviolet light cleaning system. It also has a bulk-buying policy to reduce packaging.

Must-have treatment: Try a reflexology session to help maintain the body's natural equilibrium. This therapy encourages the body to work to restore its own healthy balance.

Dining menu: Dishes include Scottish asparagus and spring pea risotto and Highland crowdie cheese polenta. The menus use the best local ingredients for the season.

Cost: Day packages start at £99 for the Total Time Out, which includes a facial, body polish and massage. Overnight rates start at £126, including dinner and two half-hour treatments. For details, visit yuspa.apexhotels.co.uk.

FIVE MINUTES WITH APEX'S ENVIRONMENTAL DIRECTOR, JO HARBISHER

What is your vision for Yu Spa's future?

We are currently expanding and are due to open a sister Yu Spa in the Apex Waterloo Place Hotel in Edinburgh. This will benefit from the same eco-friendly facilities such as the ozone pool and Elemis treatment rooms. Staff focus on saving energy, water and product consumption. This results in the hotels and spas being carbon efficient – the team's efforts have seen the company win over 20 environmental awards.

Tell us about your favourite treatment at the spa.

Our Elemis face and body sensation, consisting of a hot-stone massage with cooling gel on your back and legs, so you experience a hot and cold effect, finished with a power-booster facial. It's an all-round treatment covering the body and face – sheer bliss! I highly recommend it to everyone visiting Yu Spa.

What is your most memorable experience at the spa?

When I was pregnant with my second child I felt so heavy with aching feet and legs, but when I chilled out in the ozone pool, then went for the Mother to Be massage, I felt so light and uplifted. When you're pregnant and can't see your feet – let alone reach them! – it's an amazing treatment.



BEST ECO DAY SPA

UNIQUELY ORGANIC ECOSPA

If you don't have time to get away overnight and just want to focus on rejuvenation, this is a great place to chill and get amazing treatments that focus on the body holistically to promote health and wellbeing. Only organic products are used, ensuring minimal impact on the environment and your body.

Must-have treatment: Brighton Rocks – a two-hour hot-stone massage and facial that will leave you floating. Pure bliss.

Cost: Treatments start at £90 for Top to Tail, which includes an Indian head massage and reflexology treatment. For details, visit www.uoecospa.com.

FIVE MINUTES WITH UNIQUELY ORGANIC ECOSPA FOUNDER, KIRSTY TAYLOR



Tell us how UOE evolved?

After qualifying as a beauty and holistic therapist, I embarked on a cosmetic science degree at London College of Fashion where my interest for organic products began. We learned how to make high street beauty products, which was where I found out how many chemicals went into them. It made no sense to me why therapists were using chemical-riddled products on clients' bodies, as this would contradict the powerful nature of the treatments given. After leaving university and working self-employed as a therapist for a few years, I decided to create a safe haven for clients where the power of holistic and beauty treatments is complemented by a completely organic product base and a space inspired by the seven chakras of the body. And so Uniquely Organic EcoSpa was born.

What is the spa's most popular green treatment?

Clients love our Himalayan pedicure. With organic products containing frankincense, peppermint, rose, vitamin E and shea butter, and including Thai foot massage and Indian head massage, this treatment is a full-body pampering experience from top to toe.

What is your most memorable experience at the spa?

Being named in the 'top 30 most inspiring spas' by Professional Beauty. We have just celebrated our first birthday which feels like a great achievement, as well as having launched our own organic treatment and product system called Chakrosanct, based on the seven chakras of the body.

Y U S P A